OTTAWA metro®

At least you know they can commit

Wish you could just meet a nice guy who's ready to settle down (after he's done serving life)? Canadianinmates connect.com might be for you PAGE 5

Tinkering with tomorrow

The federal government wants to tap 'private innovators' to turn their basement inventions into consumer products PAGE 8

SHOULDA PUT A DATE ON IT

BEYONCÉ'S ON-AGAIN, OFF-AGAIN RELATIONSHIP WITH HER NEW RECORD IS MAKING SOME OF US FEEL, WELL, FIERCE

PAGE 10

NO NICKELBACK GUARANTEE

LIVE 88·5 FM

Ottawa Senators' Jared Cowen grapples with Montreal's Ryan White during a line brawl in the third period of game three in Ottawa Sunday night. A 6-1 win in the face of a meltdown from the Habs puts Ottawa up 2-1 in the best of seven series. SEAN KILPATRICK/THE CANADIAN PRESS

Sens rout Habs to take series lead

Game won, tooth lost. Pageau's hat trick leads Sens to a commanding 6-1 win over Montreal

Jean-Gabriel Pageau scored his first NHL hat trick Sunday night to lead the Ottawa Senators in a fight-filled, 6-1 victory over the Montreal Canadiens and a 2-1 lead in the best-of-seven series.

The third period started out with the Senators leading 2-1, but after Pageau's second goal of the night and a Kyle Turris marker seven minutes in, emotions overflowed and a line brawl broke out at centre ice.

Pageau, who was born in Ottawa, brought the 20,249 people on hand at Scotiabank Place to their feet after scoring his second of the game at 1:18 of the third period to give the Senators a 3-1 lead.

Turris' goal, his first of the series, at the seven-minute mark put the game out of reach and on the ensuing faceoff four different fights broke out.

The Senators ended up with the man advantage and Jakob Silfverberg scored on the power play as he beat Habs goalie Carey Price up high to make it 5-1 with over 12 minutes remaining.

More penalties were taken and at one point Ottawa was left with just five players on the bench, while Montreal had six.

Pageau completed the hat trick, just the second player in Senators history to score a hat trick in the playoffs after Daniel Alfredsson did it in 1998, with less than two minutes remaining in regulation.

Alfredsson scored Ottawa's opening goal and Craig Anderson stopped 32 shots.

Price faced 30 shots in a game he will want to forget. Rene Bourque scored the lone goal for the Canadiens at 14:34 of the first.

Pageau, with his first career playoff goal, gave the Senators a 2-1 lead early in the second as he slipped between defencemen P.K. Subban and Andrei Markov to beat Price over the shoulder.

Pageau is not likely to forget the goal as he was hit in the mouth by Subban on the goal and lost a tooth. Players could be seen looking for the tooth on the ensuing goal celebration.

Game 4 is Tuesday in Ottawa. THE CANADIAN PRESS

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Last seen on Catherine St.

Police aim to find missing man

Police are hoping the public can help locate a missing Ottawa man.

Piratheepan Thuraisingam, 31, was last seen at 7 p.m. on May 3 at the Ottawa bus station on Catherine Street. He was supposed to take a bus to Toronto, but never showed there, police said.

He is believed to be on foot or using public transportation in the Ottawa area.

Thuraisingam is described as an East Indian man, measuring between five feet nine inches tall to five feet 11 inches tall, weighing approximately 198 pounds, with a muscular build, brown eyes and short, black hair.

Anyone with information on his whereabouts is asked to call Ottawa police at 613-236-1222. METRO

Ongoing investigation

Seven charged in connection with mass vehicle thefts

Ottawa police have charged six men and one woman believed to be part of a string of vehicle thefts in the city from May to October 2012.

Marcus Bernard, 25, Joanne Ladouceur, 40, Allan Jarvis, 32, Lincoln Cleroux, 37, Danny Schneider, 25, Guy Lavergne, 24, and David Schneider, 29, are the accused.

Charges include: possession of stolen property over $5,000, theft of property over $5,000, conspiracy to commit an indictable offence, and laundering proceeds of crime. METRO

Battle of the Atlantic. 70th anniversary marked

Veteran sailors and seamen got a nod from members of the public who came out to the National War Memorial on Sunday morning to commemorate the 70th anniversary of the Battle of the Atlantic.

The battle was the longest single campaign in the Second World War, lasting 2,075 days. Canadian naval and air forces fought off German and Italian submarines, which had allied merchant ships in their sights.

"They would have been knocked off a lot faster than they were — mind you a lot of them were sunk even with us there," said Doug Meredith, a sailor who was 18 when he took the helm on escort-convoy ships in the western the Atlantic.

He saluted his fellow veterans and cadets marching past the memorial on Wellington Street as the ceremony came to an end in the sweltering heat.

JOE LAFARO/METRO

Fallen police officers. Two names added to wall

Colleagues of a young Guelph constable who died in the line of duty this year wiped away tears Sunday as her sacrifice and dedication were remembered in the annual tribute to the province's fallen police officers.

Friends and relatives of Const. Jennifer Kovach comforted each other following the ceremony, which drew officers from across Ontario and as far away as the U.S.

Kovach, 26, died on March 14 when her cruiser crashed into a bus while she was responding to a colleague's call for assistance. She had joined the force four years before, fulfilling what relatives said was her lifelong dream.

Hers was one of two names added to the memorial wall of honour in Toronto. The other was that of Cobourg Const. William Rourke, 64, who died in 1915 after suffering a massive heart attack while making an arrest.

THE CANADIAN PRESS

Ahead of phase-out, NCC works at signature events

Budget measure. Organization will eventually hand off capital-promotion responsibilities to Heritage Department

ALEX BOUTILIER
alex.boutilier@metronews.ca

The National Capital Commission is forging ahead with the planning of several events to promote the National Capital Region, despite losing that mandate in the most recent federal budget.

The NCC is currently planning its five annual events, including the Canada Day celebrations and Winterlude 2014, according to spokesman Charles Cardinal. The commission just issued a request for proposals for a two-year signage-installation contract for the events last week.

"It's business as usual for now," said Cardinal last week.

"For now we're continuing to do our five (events) as usual ... Winterlude, Canada Day, Mosaika in the summer — yeah, absolutely."

In the 2013-2014 federal budget, the NCC lost its mandate to promote Canada's capital — and the budget that goes along with it. In budget documents, the feds refer to the NCC as "locally based," and said the move was to ensure "a broad, national perspective is brought to these celebrations."

The responsibilities have instead been entrusted to the Department of Canadian Heritage. The idea was to simply transfer NCC staff responsible for capital promotion to the department. That transfer will come into effect after Finance Minister Jim Flaherty's budget-implementation bill is passed.

A crowd is shown on Parliament Hill for Canada Day celebrations in this 2011 photo. The National Capital Commission is currently planning its annual slate of events, though it will soon no longer be responsible for them. CONTRIBUTED

When Bill C-60 passes, the department will be responsible for any financial obligations entered into by the NCC in relation to the promotion of the capital — say, for instance, the two-year signage contract. The department will also assume the NCC's promotion resources.

In 2012, the commission was given a $22.59-million budget for capital promotion.

FRESHCO.

Fresher AND CHEAPER

Court. White not guilty of attempted murder, but may still face jail time

Ashley White's hands trembled Friday just before a jury found her "not guilty" of attempted murder for stabbing her former-soldier boyfriend in 2010.

She sobbed after each jury member stood to show their agreement with a "guilty" verdict on the charge of aggravated assault.

"I don't want to comment on this verdict. We're just quite devastated at this time," said White's defence lawyer Israel Gencher, as he whisked her from the courtroom following the decision. One of his team of attorneys wiped away tears after hearing the verdict.

White stabbed her former lover, soldier Patrick Halcro, with a steak knife after he beat her on July 18, 2010. She attacked him minutes after he struck her head against a door frame, leaving her with a concussion and bleeding from her teeth. Halcro was never charged with assault for the beating.

Ashley White MIKE CARROCCETTO/METRO

The 12-person jury took a day-and-a-half to reach the verdict.

"You now know what tiring work this is," Judge John McMunagle told the jury after they delivered their decision.

White is set to appear again in court on May 10 to set a time for sentencing.

GRAHAM LANKTREE/METRO

Fundraiser. 1,000s walk run and cycle for CHEO

Close to 5,000 runners, walkers, cyclists and rollerbladers hit the road Sunday at the fifth annual CN Cycle for CHEO, raising $726,000 for the hospital's oncology programs.

"It was absolutely a fantastic day," said CHEO Foundation president and CEO Kevin Keohane. "People were having a good time and hopefully they feel very, very proud about what they've done."

Vicki Paulin, a nurse at Ottawa Public Health who tackled the 70K cycling event for the first time, certainly seemed to be feeling it.

"It was my first time doing that much distance and it was quite a personal challenge but very exciting to be able to conquer that," she said

Her friend and co-worker, Marie Helene Traversy, said organizers made the journey easier: "It's so well organized! You feel safe, you feel encouraged by all the volunteers clapping and celebrating when you go by. It's a fun event and there's just a lot of positive energy."

Also along for the ride was Paulin's boyfriend, Alain Mvilongo. "Essentially what happened, she got something set in her mind and she said we're doing the CHEO race, so I say OK. I guess I have no choice. Otherwise I'll have no more girlfriend," he joked.

STEVE COLLINS/FOR METRO

'Just say no'

Ford urges New Democrats to reject Liberal budget

Toronto Mayor Rob Ford is wading into provincial politics, urging the New Democrats to vote against the Liberal government's budget and trigger an election.

On the weekly radio show he hosts with his city councillor brother, Ford said NDP Leader Andrea Horwath should "just say no" to the minority Liberals' budget.

The mayor argued Sunday that "taxpayers want an election" and Horwath should listen to them, "regardless of policy."

The Liberals tabled their budget Thursday and say it meets or exceeds all the demands laid out by the NDP, including a youth employment strategy and cuts to auto insurance premiums.

The New Democrats need to support the budget, or at least abstain from the vote, to avoid sending the province back to the ballot box. THE CANADIAN PRESS

Construction crews work in downtown Ottawa on Friday. City officials are warning that more construction projects than usual will snarl traffic on Ottawa streets this summer. GRAHAM LANKTREE/METRO

Brace yourselves: Construction ahead

'Major changes'. City officials asking commuters to adjust their routines as Ottawa prepares for construction season

GRAHAM LANKTREE
graham.lanktree@metronews.ca

Residents will feel the pain of construction work done in Ottawa this summer as several major projects — including the LRT, Lansdowne Live and widening of the 417 — move ahead, city officials warned Friday.

"It's going to be a busy summer, but we're prepared to make the city even better," said Deputy City Manager Steve Kanellakos at a briefing to discuss the impact of the 350 construction projects planned for the summer.

"Short-term pain for long-term gain" is the message the city has put out in recent weeks around the projects.

The 417 is set to be reduced to one lane just after the split from the end of May until September as the road is widened. The city has tracked some 9,200 vehicles travelling that stretch of road daily, and the lane reduction means 2,200 fewer trips will be made.

"We encourage people to plan ahead," said Pat Srimgeour, OC Transpo's manager of transit service planning and reporting, noting bus service to the area will increase to handle 1,500 more passengers.

The road widening isn't the only reason city officials urged people to consider carpooling, cycling and altering their work schedule to commute at off-peak hours.

"There will be congestion and the most effective strategy is reducing demand on our roadways," said Kanellakos, adding the increase in construction projects will last for the next five years as LRT-related construction continues.

In addition to large public works projects, such as the new Richcraft Recreation Complex, West District Library and Confederation Line Maintenance Facility, many roads will be resurfaced and water mains rebuilt, snarling traffic on roadways this summer.

The city is extending its traffic control operation, which will now be staffed on the weekend, and more traffic cameras are being added to help spot trouble on the roads and send out alerts.

Residents were also directed to the city's interactive traffic map at traffic.ottawa.ca, which shows live construction projects and will help them plan alternate routes as they set out across the city.

"I can assure you the work is being done in an organized fashion," Kanellakos said. "There will be major changes in the way we move around the city."

Vivi Chi, manager of transportation planning, explains the city's preferred "Richmond Underground" western LRT route to citizens at an open house at city hall in April. ALEX BOUTILIER/METRO

City pushes back Western LRT decision for more feedback

The city has pushed back by a month committee and council meetings on the proposed light rail extension west of Tunney's Pasture to allow for more public input on the project's route.

The transportation committee will consider a report on the LRT extension and hear from the public July 10 rather than June 5 as originally scheduled. The matter will then go to council on July 17 instead of July 10.

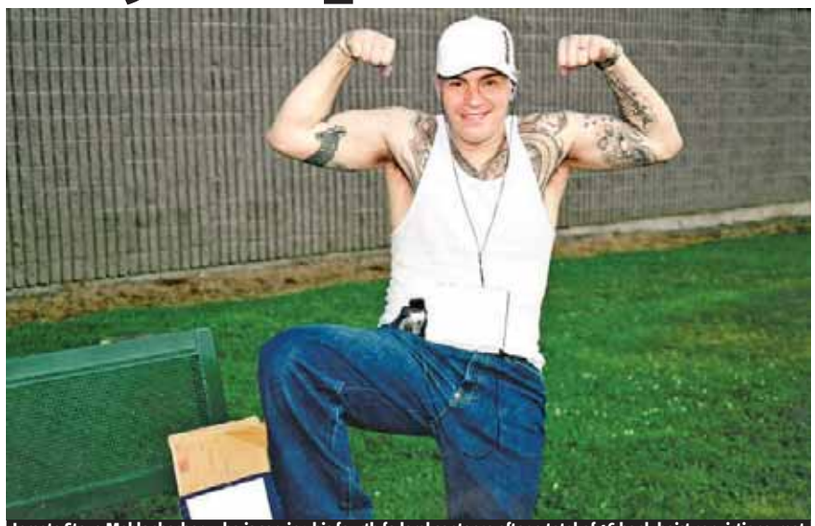
In a letter to councillors Friday, Mayor Jim Watson said that he and Coun. Keith Egli, chair of the transit committee, had agreed to the postponements "to provide more time for public consultation, including additional ward and city-wide consultations that will be announced in the coming days."

Hundreds attended an initial public meeting on the western LRT extension at City Hall April 25. Some west-end residents expressed worry about the potential effect of the train route on their neighbourhoods.

STEVE COLLINS/FOR METRO

Inmates just prisoners of love

Hooking up. A dating website for Canadian convicts helps those behind bars find love on the outside



Inmate Steve Mehlenbacher, who is serving his fourth federal sentence after a total of 16 bank-heist convictions, met his girlfriend on the Canadian Inmates Connect Inc. website, which hooks up people on the inside with those on the outside. CANADIAN INMATES CONNECT/HANDOUT/THE CANADIAN PRESS

One bachelor says he can't be available for a first date for awhile — at least not before 2021. Another claims to hold the Toronto record for robbing the most banks in the shortest span: 11 financial institutions knocked off in four and a half hours. "Not something I am really proud of," Alex Nikoloski writes.

The suitors are among dozens of male and female cons who have posted personal profiles and photos on a matchmaking website with a twist. This site hooks up people on the inside with those on the outside.

Canadian Inmates Connect Inc. showcases numerous prisoners serving life sentences and helps the incarcerated find pen pals and, perhaps, much more.

The 16-month-old website, which promotes some 40 convict profiles, has even churned out a few lockup love stories.

The site's founder, Melissa, a 35-year-old Toronto mom, says she was inspired to start the website after seeing similar ones in the United States. Melissa says most of the profiled prisoners heard about the website through word of mouth and inmate committees. They mailed her a blurb, photos of themselves and a $35 annual membership fee.

For some, the results have led to jailhouse bliss.

Julie Young, 24, a single mother from Truro, N.S., credits the website for introducing her to a convicted bank robber she hopes to marry one day.

Her sweetheart, Steve Mehlenbacher, 42, is serving his fourth federal sentence after a total of 16 bank-heist convictions.

Young plans to move across the country this month to be closer to her man, who's locked up in the medium-security Mountain Institution in Agassiz, B.C., about 140 kilometres east of Vancouver.

They have never met in person, but they exchange letters regularly and have daily chats on the phone.

THE CANADIAN PRESS

Quoted

"I would marry him because I love him and I see him having a really good future now."

Julie Young, 24. Her sweetheart, Steve Mehlenbacher, 42, is serving his fourth sentence after 16 bank-heist convictions.

Recreational league

Soccer referee allegedly punched by teen player dies

A soccer referee who slipped into a coma after being punched by a teenage player during a game a week ago died Saturday night, police said.

Ricardo Portillo, 46, of Salt Lake City passed away at the hospital, where he was being treated, police said. Police have accused a 17-year-old player in a recreational soccer league of punching Portillo after the man called a foul on him and issued him a yellow card.

The teen has been booked into juvenile detention on suspicion of aggravated assault. Spokesman Justin Hoyal said authorities will consider additional charges since Portillo has died.

Portillo suffered swelling in his brain and had been listed in critical condition Thursday at the hospital in the Salt Lake City suburb of Murray.

THE ASSOCIATED PRESS

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In order to serve its customers best and offer the highest level of convenience, Recycle Frog hosts several public events at venues all across the Ottawa region. People are welcome to come by for a fast, no-cost, haggle-free evaluation.

For more information or to schedule an expert evaluation at their downtown office in the World Exchange Plaza (1150-45 O'Connor Street), please call 613.755.4030 or visit recyclefrog.com to find out about their public events. You'll be glad you did.

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5 women headed to bachelorette party killed in limo blaze

Trapped inside. Cause unclear in fire that left vehicle burning on busy California bridge

A stretch limousine taking nine women to a bachelorette party erupted in flames, killing five of the passengers, including the bride-to-be, authorities and the mother of one of the survivors said Sunday.

The limo was carrying nine women and its driver when it caught fire around 10 p.m. Saturday on one of the busiest bridges on San Francisco Bay, California Highway Patrol officer Art Montiel said.

Five of the women were trapped, but the four other women managed to get out after the vehicle came to a stop on the San Mateo-Hayward Bridge, the patrol said. The driver of the limo — 46-year-old Orville Brown of San Jose — was the only person to escape unhurt.

Firefighters investigate the scene of a limousine fire.
JANE TYSKA/THE ASSOCIATED PRESS

Rosita Guardiano told the San Francisco Chronicle that the woman for whom the bachelorette party was being thrown was to be married next month. Guardiano said her daughter was one of the survivors.

Investigators haven't determined what sparked the fire, but the patrol said the white stretch limo became engulfed in flames after smoke started coming out of the rear of the vehicle.

A photo taken by a witness and broadcast on KTVU-TV showed flames shooting from the back.

Aerial video shot after the incident showed about one-third of the back half of the limousine had been scorched by the fire. Its tail-lights and bumper were gone and it appeared to be resting on its rims, but the remainder of the vehicle didn't appear to be damaged.

THE ASSOCIATED PRESS

Pakistan's women need to rise as children fall

Women mourn next to the body of a child, who was killed in a bombing Saturday, during a funeral in Karachi, Pakistan, on Sunday. Two blasts in Karachi killed three people on Saturday, near the office of a political party critical of the Taliban, heightening tensions ahead of the country's historic May 11 election. The election will bring a major first for democracy in Pakistan — the first time a civilian government has fulfilled its term and handed over power to another. But women still face an uphill battle to make their voices heard in the political process, as voters, candidates and in parliament, where they hold 22 per cent of the seats in the lower house. FAREED KHAN/THE ASSOCIATED PRESS

Haiti

Former president Aristide rebuilding party, source says

Former Haitian President Jean-Bertrand Aristide is trying to rebuild his political party as the Caribbean nation prepares for legislative and local elections, a prominent hotelier said Sunday.

In an interview with The Associated Press, Richard Morse, manager of the Hotel Oloffson, said he has met with Aristide three times in the past two weeks to discuss the possibility of his wife, Lunise Exume Morse, running under Aristide's party as a senatorial candidate in a vote that's supposed to be held by year's end. His wife attended two of the meetings, and the couple also met with a leader of Aristide's Lavalas Family party, Morse said.

"He's back, and he's trying to get good people on his team," Morse said of Aristide, who was ousted from the presidency twice.

THE ASSOCIATED PRESS

Syrian rebels enter air base

Regional involvement.
Israel strikes at capital amid days of fighting

Rebels occupied parts of a military air base in northern Syria Sunday after days of fighting with government troops who have been defending the sprawling position for months, activists said.

The Britain-based Syrian Observatory for Human Rights said rebels moved deep inside Mannagh air base, near the border with Turkey, despite fire from government warplanes. The Aleppo Media Center says rebels captured a tank unit inside the base and that the base commander, Brig. Gen. Ali Salim Mahmoud, was killed.

The fighting came hours after Israeli warplanes struck areas in and around the capital, setting off a series of explosions as they targeted a shipment of highly accurate, Iranian-made guided missiles believed to be bound for Lebanon's Hezbollah militant group, officials and activists said.

The attack, the second in three days and the third this year, signalled a sharp escalation of Israel's involvement in Syria's civil war. Syrian state media reported that Israeli missiles struck a military and scientific research centre near Damascus and caused casualties.

Rebels have launched a wave of attacks on military air bases around the country in the past months in an attempt to deprive the army of a key weapon used to target anti-government forces.

Rebels have been trying to capture Mannagh air base for months but were only able to take small parts of it.

The Syrian conflict has killed more than 70,000 people according to the UN.

THE ASSOCIATED PRESS

The enemy of my enemy ...

Arab leaders' dilemma

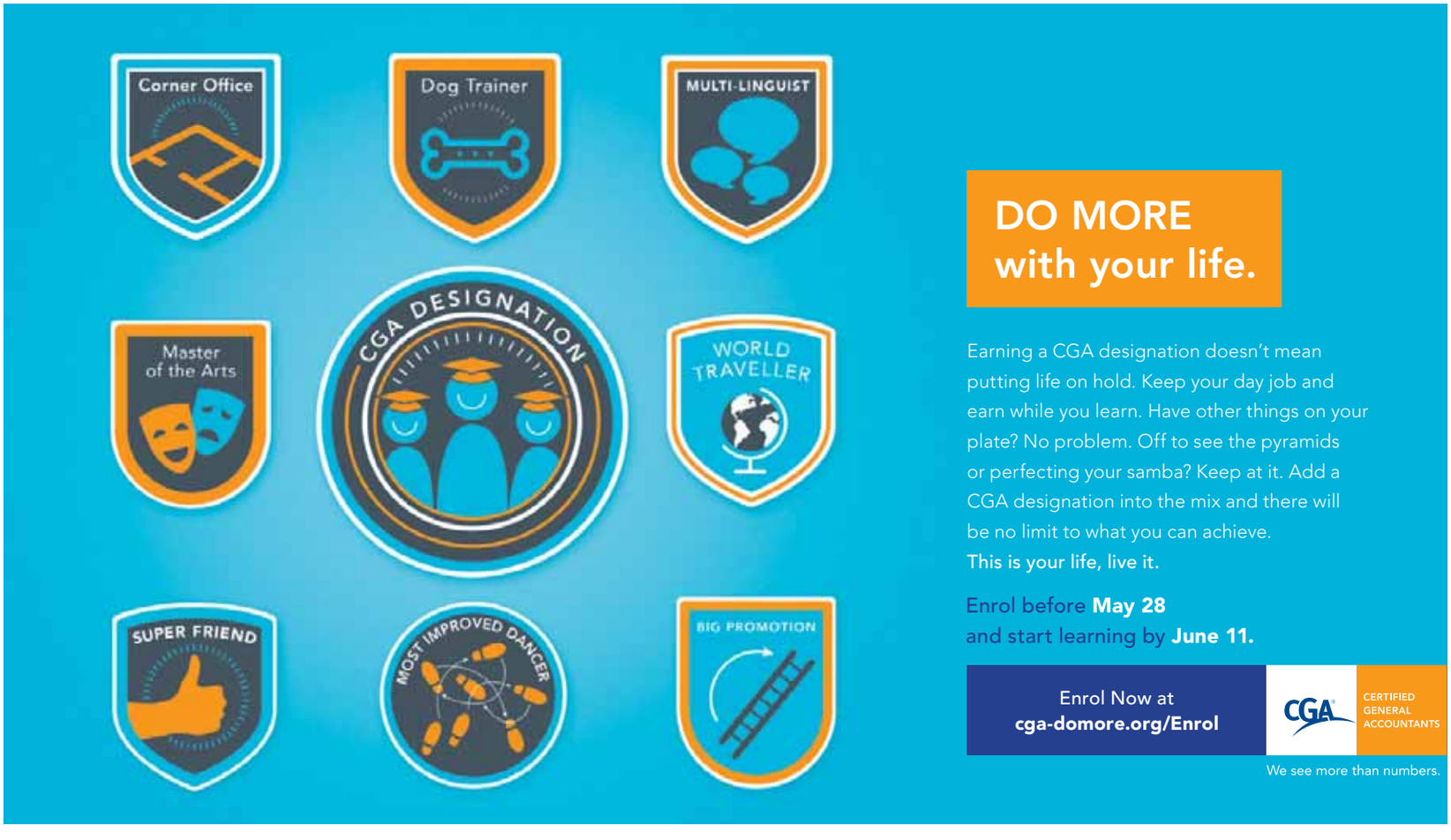
Nearly all Arab states have sided with the rebels. And Israeli attacks were the type of response many had urged from the West. However, while Israel and many Arab states share suspicions about Iran, the perception that they're allied against Assad — even indirectly — is strongly knocked by Arab leaders.

No leader wants to be perceived as OK'ing Israeli attacks. Arab League chief Nabil Elaraby warned of serious repercussions and called on the UN Security Council to "immediately move to stop the Israeli aggressions on Syria."

THE ASSOCIATED PRESS

Bangladesh continues to mourn

A woman is held as she grieves after identifying the body of her daughter, a victim of the garment factory collapse, Sunday, in Savar, near Dhaka, Bangladesh. The death toll from the collapse of a shoddily built garment-factory building in Bangladesh continued its horrifying climb, reaching 622 on Sunday with little sign of what the final number will be. The disaster is likely the worst garment-factory accident ever, and there have been few industrial accidents of any kind with a higher death toll. WONG MAYE-E/THE ASSOCIATED PRESS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Calling all basement inventors: Industry Canada wants you

Home tinkering. Survey of consumer-innovators tries to assess how many Canadians are making the products of tomorrow in their own workshops

Gareth Grainger, 15, skateboards in downtown Vancouver in early April. Skateboards began as roller skate wheels nailed to boards, a home-grown product later adopted and improved by manufacturers. Now, the federal government wants to tap into the skills of home inventors. DARRYL DYCK/THE CANADIAN PRESS

The federal government wants to tap into the skills of obscure basement inventors and turn their tinkering into innovative consumer products.

A new survey for Industry Canada found almost 13 per cent of Canadians are so-called "private innovators," who have improved on consumer goods or created new products in the last three years. Recent research in the U.S. and elsewhere has found similar numbers of ordinary basement tinkerers, regarded by some as a talent pool consumer-products firms must harness to find fresh profits.

Industry Canada paid survey firm Ekos Research Associates Inc. $80,000 to determine how many Canadians were themselves making the products of tomorrow in their workshops. The department has said the survey is part of a larger project to encourage product development through consumer-innovators, including "framework laws, expenditure programs and regulatory-standards systems." THE CANADIAN PRESS

Protesters take aim at Hollande

A man holds a banner that reads "For a 6th republic" in Paris on Sunday during a rally to protest against austerity measures announced by the French government. Tens of thousands of supporters of leftist parties marched through central Paris to express disappointment with President François Hollande's first year in power, criticizing the leader for reneging on his promises to rein in the world of finance and enact economic stimulus. MICHEL SPINGLER/THE ASSOCIATED PRESS

Media concentration

CRTC will take another look at Bell-Astral deal

Bell is heading to the CRTC for a second time in hopes that its plan to sell off the majority of Astral Media's TV channels will be enough to appease the regulator's worries its takeover of the media company would not be good for Canadians.

A new round of public hearings on Bell's revised plan to buy Astral starts Monday after the Canadian Radio-television and Telecommunications Commission killed the plan last fall, citing concerns it would restrict choice and raise prices for consumers.

Janet Lo, legal counsel with the Public Interest Advocacy Centre, said the revised deal isn't all that different from Bell's first attempt to win approval to buy Astral. "For us, it raises the same concerns for competition as the first transaction," said Lo, who will appear before the CRTC at the hearings.
THE CANADIAN PRESS

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Canuck e-tailers falling behind U.S. counterparts, report warns

Canadian retailers who have delayed launching a robust e-commerce website are running out of time and face "their last wake-up call," suggests a new report on the state of online shopping in Canada.

The report by the U.S.-based Forrester Research, funded in part by Canada Post and Shop.ca, is based on surveys with 1,103 Canadian online shoppers and concludes that U.S. e-tailers are becoming better positioned to steal web revenues from homegrown companies.

Quoted

"Canadian retailers should be shaking in their boots."
Forrester Research report

"In the eyes of the consumer, the downsides of buying from a U.S.-based retailer rather than a domestic Canadian retailer are diminishing. Canadian retailers should be shaking in their boots," states the report.

"Canadian online shoppers will sacrifice any loyalty to Canada-domiciled retailers if they can find the same product cheaper online at an online marketplace or via a U.S. or international retailer."

According to Forrester, about 25 per cent of online spending by Canadians already goes through international websites. THE CANADIAN PRESS

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613-558-5385

Online auction

Apollo 11 artifacts to go up for sale

A U.S. auction house will soon accept bids on space and aviation artifacts, including an electrocardiogram of Apollo 11 Commander Neil Armstrong's heartbeat taken when he first set foot on the moon.

Amherst, N.H.-based RR Auction will take bids during an online auction from May 16 through May 23. Over 85 lots of Apollo 11 material will be featured in the auction.
THE ASSOCIATED PRESS

IN PRAISE OF GETTING PERSONAL

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

It was time again to renew the household mutt's registration and to reconfirm him for another year as a canine citizen in good standing (sterilized, micro-chipped, no history of unprovoked chompings) of the City of Ottawa.

This is easy to do in our age of wired government. Just grab a credit card, click the mouse, tap the keys, and the little sticker arrives in the mail.

Instead, I took a bus to city hall, took a number, took a seat and waited. In 10 minutes or so, I had access to what is still my favourite technology for dealing with bureaucracies large and small: A person.

The city's "client service centre" — despite the sterility of its name — reliably injects a little humanity and common sense into the process of paying a bill or renewing a licence.

Only after chatting with the rep at the desk did I remember I not only needed a new sticker, but also that little metal tag you stick it on, which somehow got lost in the mutt's travels. She made a joke about how frequently these disappear, speculating they may be a dietary supplement for some pets, and promptly handed one over.

I also received a slip of paper informing me how I could go online (of course!) and rate the service I'd just received.

"I can do that right here," I replied. "You're awesome."

Online, or connected to a call centre, you're just anther transaction to be processed. In person, it's harder to ignore that's what you are. Actual interaction with a human being reminds you that your government is just people, too.

There are drawbacks to this approach. Because I don't top off my Presto card online, I have to do it at one of OC Transpo's sales centres. I'm sure there's some possibility your card will run dry during office hours, but it hasn't happened yet.

I see other benefits, though, to actually getting off my butt and going out into the city to do something.

Kurt Vonnegut often spun an anecdote about an errand to buy a single envelope. His wife reminded him, quite sensibly, that he could just go online, order a hundred and have them delivered to his home, but this to him missed the point:

"I'm going to have a hell of a good time in the process of buying one envelope. I meet a lot of people. And see some great looking babes. And a fire engine goes by. And I give them the thumbs up. And, and ask a woman what kind of dog that is. And, and I don't know. The moral of the story is, is we're here on Earth to fart around. And, of course, the computers will do us out of that. And, what the computer people don't realize, or they don't care, is we're dancing animals. You know, we love to move around. And, we're not supposed to dance at all anymore."

Taking a number and doing the line dance at city hall would strike some as a waste of scarce time when you can just call 3-1-1 or go online or tweet the mayor.

But it always works for me.

ZOOM

Round 1 ... and fight!

OLIVIER MAIRE/KEYSTONE/THE ASSOCIATED PRESS

Cows lock horns to establish hierarchy

The cow Schakira, left, fights against Champion, right, during the traditional annual Combats de Reines (Combat of the Queens) a cow fight in Aproz, western Alpine canton of Valais, Switzerland, on Sunday.

Valais is home to a unique breed of cows, the Herens, also called Eringer cows. The female cattle are very robust and possess the singular characteristic of fighting among themselves to establish a hierarchy within the herd.

The behaviour of the breed has given way to the organized cow fight, which attracts stockbreeders and spectators yearly. THE ASSOCIATED PRESS

It's an uphill battle

- The cows' ritual happens every spring naturally as the cows make their annual climb to high mountain pastures.
- The cows choose an opponent to lock horns with, and the fight ends when the defeated cow walks away. At the end of the tournament, the cow who hasn't been defeated is crowned 'the queen.'
- The queen becomes the leader, who guides the drove up the mountains.

Click bait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Now that the days have swung from promising to spectacular, it's past time to start stocking the summer reading war chest. If you're already behind, don't waste any more valuable reading time wondering what to pick up. Just try these three sites for a few good recommendations instead.

Good Reads:

An all-purpose book lover's social network with author interviews, reviews and news on community events like book swaps. But the lists are where the magic happens — compiled by thousands of readers, the simple act of suggestion becomes a sprawling epic covering of endless titles. (goodreads.com)

Shelfari:

A social network that's quite a bit like Good Reads, with a similarly robust stable of lists and tag clouds. However, Shelfari's community is a step above and throwing yourself into the mix with your own library titles and personal reviews makes it all the better. (shelfari.com)

What Should I Read Next:

All this talk of social networking and personal reviews sounds like too much effort? This is about as simple as it gets. If The Hunger Games led you to The Maze Runner and you're wondering where to go next, plug those titles into WSIRN's search engine and voila. (whatshouldireadnext.com)

Letters

As a teenager in Toronto, I strongly oppose underage drinking and feel that it is a growing epidemic in our society.

Recent studies have shown that more than 80 per cent of high school seniors in the U.S. admit to drinking alcohol. Further studies have shown that the average American has had his/her first drink at the age of 14. This is unacceptable, and is leading my peers into a lifestyle of substance abuse. Research shows that individuals who start drinking at a relatively early age are far more likely to become alcoholics.

Each year, approximately 5,000 deaths occur as a direct result of underage alcohol consumption. The parents of these children need to be more involved in their children's lives, and not turn a blind eye to what they're doing. They should set boundaries and keep a close eye on the type of crowd their children are hanging around with.

I believe that underage drinking is a major problem in our society. It should be brought up to parents and children and dealt with appropriately. We should do whatever it takes to try to prevent it. Parents shouldn't allow their children to go to unsupervised parties where there's going to be drinking. I believe that the consequences should be stricter.

Rahmeh Abdul-Jabbar, Toronto

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

metro

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SCENE 2

Where's the album at?

Beyoncé. Release date rumours, album title rumours and cancelled press conferences has us all wondering the same question

MICHELLE CASTILLO
Metro World News

Beyoncé has been dropping hints for a while, but she hasn't dropped an album. GETTY IMAGES

Is it out? Is it coming? Why hasn't Beyoncé's album dropped? Metro walks you through the winding road of pushed back release dates.

JANUARY 10

The February 2013 GQ cover story announces that Beyoncé's album could come out as early as April. She says the album will be mostly R&B.

"I always have my Prince and rock/soul influences. There's a bit of D'Angelo, some '60s doo-wop. And Aretha and Diana Ross," she commented.

FEBRUARY 11

The singer hints that the new album will be "a lot more sensual" and "empowering." So, she's still a fierce, independent woman, but she's crazy in love and bootylicious?

MARCH 10

A fake track list for Bey's new album surfaces online. Knowing what we know now, there's probably no chance that Ratchet (feat. Lady Gaga & Azealia Banks) and More Than Sex (feat. Ne-Yo) are real songs, seeing that all the singles she has released or previewed were not on the list.

MARCH 17

Beyoncé releases Bow Down/I Been On on her website.

"I took some time to live my life, but don't think I'm just his little wife."

MARCH 19

MediaTakeOut reports that Beyoncé's new album will come out in fall 2013 now because the two songs that were released — Nuclear and Bow Down — were not doing so well.

"No one thought that both (songs) would fall flat. They were supposed to be her biggest two songs off the album," a source told the website.

MARCH 28

Rolling Stone reports the new album is called Mrs. Carter (but reports on later dates say the album is yet-to-be titled).

APRIL 3

Producer The Dream says Bey has a "very sexual" track called IV Play.

"She's talking about her man, hopefully," he said about the song during the radio program The Angie Martinez Show. "She was talking that talk. That's one of the best performances I've heard from her in that way."

APRIL 4

The new single Grown Woman is released in a minute-long Pepsi advertisement. The video features Beyoncé in a room full of mirrors. Each show a reflection of one of her old looks.

APRIL 8

MTV says in a story about Kelly Rowland that her colleague Beyoncé will release an album within eight months.

APRIL 23

Don't fret: Gwyneth Paltrow said Beyoncé's album will be out soon. She told Digital Spy that she's heard a "lot, lot, lot" of the songs, but she doesn't know which ones will be left on the cutting room floor.

APRIL 23

Beyoncé performs Grown Woman in Paris, but the unnamed album and the track still have no release date.

APRIL 25

Beyoncé debuts a 90-second clip of a new song called Standing on the Sun for her H&M ad campaign.

MAY 1

A publicist told Metro that a Beyoncé press conference in London, scheduled to promote her role in the animated film Epic, has been cancelled, along with a press screening of the film.

Perhaps this means she's finally finishing that album? Maybe.

Steve Carell answers a fan question at The Office Wrap Party at PNC Field. JASON FARMER/THE ASSOCIATED PRESS

The Office. 10,000 fans show up to meet stars at Wrap Party event

The actors who play Pam, Jim, Dwight and other beloved characters from the popular NBC show The Office bade farewell on Saturday to the northeastern Pennsylvania city of Scranton that served as the TV setting for their fictional paper company.

The NBC mockumentary about a clan of quirky cubicle-dwellers wraps up May 16 after nine seasons, and a crowd estimated at 10,000 attended a Wrap Party in Scranton to show their appreciation.

Jenna Fischer, John Krasinski, Rainn Wilson and other stars rode in classic convertibles and posed for hundreds of photos as fans thronged around them. The stars later took the stage in front of the Lackawanna County Courthouse and played a concert with The Scrantones.

Steve Carell, who played office boss buffoon Michael Scott, wasn't expected to make an appearance but surprised fans at a celebration later outside the city at PNC Field, home of the New York Yankees' Triple A affiliate, The Scranton Times-Tribune reported.

On stage Saturday, Wilson paid fans the ultimate backhanded compliment — befitting his character, Dwight Schrute, a paper salesman utterly lacking in social graces.

"The Office fans are the greatest fans in the world!" he said. "Next to Seahawks fans." THE ASSOCIATED PRESS

Reese Witherspoon. ALL PHOTOS GETTY IMAGES

Reese: BFFs with cops

Reese Witherspoon is continuing the damage control after her arrest last week in Atlanta for disorderly conduct. On Saturday, the actress was spotted arriving at LAX with one curious accessory: a hat bearing the seal of the Atlanta Police Department, People.com reports. We're guessing this is an attempt by the actress to show the world that, "Hey, the cops and I are cool, OK?" but we're just curious about how she got that hat in the first place. Was it a parting gift after her time being booked in the station? We're guessing it wasn't part of the latest swag bag she got.

Suburgatory star pulls a fast one

Jane Levy

Two things surprised me about Jane Levy, who plays doleful teen Tessa Altman on ABC's Suburgatory, this weekend. One: She's 23. I swear, between she and Cory Monteith, Hollywood is all about casting people far removed from high school to tap into that inner teen angst. Two: She's getting divorced! Did anyone even know she was married? Apparently she was, TMZ says, to a guy named Jaime Freitas, who has a bunch of random foreign acting credits to his name. Well, Levy filed for divorce on April 16, we're just hearing, citing that all-too-familiar "irreconcilable differences" note. The papers say she doesn't want to pay spousal support to Freitas, to whom she was wed since March 2011. I mean, can you blame her? That's probably the one good decision this girl has made over the past two years.

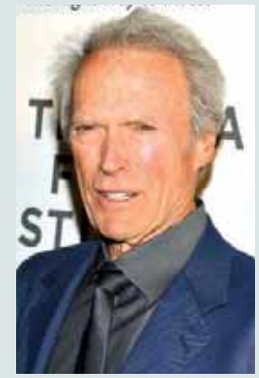
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Billy Ray Cyrus is clueless and Clint Eastwood is wife-less

STARGAZING
Malene Arpe
scene@metronews.ca



As part of their divorce settlement, Joe and Tina Simpson split the life insurance policy on Jessica Simpson. Kris Jenner sends a "Kongratulations on being trail blazers" kard.

Billy Ray Cyrus says even he doesn't know when Miley and Liam Hemsworth will get married. That's not surprising. He also doesn't know that we all know he's wearing a wig.

The Kardashians vacation in Greece. That explains the recent mass demonstrations in Athens.

Morgan Spurlock, who's working on a film about One Direction, says the documentary will include a doctor talking about what goes on inside a young girl's brain and body when she hears the boy band play. The doctor says, "The neural and physical symptoms are configured in such as way as to create a psychological as well as corporal matrix of stimuli and after 23 years of intensive studies of the phenomenon of boy bands and their influence on teen girls, the conclusion is Blarg! OMG! Swoonerific!"

Amidst rumours of marriage trouble, Clint Eastwood takes off his wedding ring. He also goes shopping for a new sports car, gets a tattoo and lowers the waist of his pants to a jaunty four inches below his arm pits.

Lindsay Lohan may be launching a website about "art, fashion, music and movies." It will be a lot like Gwyneth Paltrow's site, except mostly about falling down in night clubs.

Alleged comedy Two And A Half Men will be returning next season without Angus T. Jones. Thus necessitating a change of the show's name to Two Men And A Blurry Photo On A Coffee Table.

Lil Wayne

Pepsi cutting ties with Lil Wayne

PepsiCo is bowing to public pressure for the second time in a week and cutting ties to Lil Wayne over the rapper's crude reference to civil rights martyr Emmett Till in a song. Lil Wayne, one of the biggest stars in pop music, had a deal to promote the company's Mountain Dew soda.

Earlier this week, PepsiCo also pulled an online ad for the neon-coloured soda that was criticized for portraying racial stereotypes and making light of violence toward women. That ad was developed by rapper Tyler, the Creator.

On Friday, PepsiCo said in a statement that Wayne's "offensive reference to a revered civil rights icon does not reflect the values of our brand." It declined to provide any further comment.

A publicist for Lil Wayne, Sarah Cunningham, said that the split was due to "creative differences" and that it was an amicable parting.

THE ASSOCIATED PRESS

Twitter

@SirPatStew
Nothing like an early start to the weekend - though not when your hotel is on fire.

@snooki
I love the smell of good hairspray

@Sethrogen
I just impulse bought a 15 pound brisket.

@mindykaling
In Soho, Chanel is across the street from Crocs. High 'n low baby #nyc

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Xtra!

Cooperation

Don't ask your kids, tell them

Do not pose instructions as a question.

"Do you want to put your mitts on?" will often get a reply of "NO!"

Use an "it's time to..." statement.

"It's time to put your mitts on."

If "NO!" still happens you can say, "Oh, I didn't ask you, I was just letting you know what time it is."

ANDREA MAIR OF YUMMYMUMMYCLUB.CA

Environment

Diaper disposal does double duty

Want to know a clever way to make your dollar stretch further, get your baby gear doing double duty and be environmentally friendly?

When you've moved beyond diapers to toilet training, don't throw out that diaper disposal unit. Put it in your kitchen and use it as a dedicated organics disposal! It's smell proof, self-contained, and foot-pedal operated. What more could you want?

KAT INOKAI OF YUMMYMUMMYCLUB.CA

Exclusively online

Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Where does religion fit in?

Soul searching. Mom worries if she should be introducing some spirituality into her child's upbringing

JULIE M GREEN
YummyMummyClub.ca

Should children be introduced to religion or allowed to make up their own mind when they are able? ISTOCK

After a recent near-miss faux pas (whereby I almost signed off an email wishing a Jewish acquaintance a Happy Easter), religion is at the forefront of my thoughts.

Though we were both raised Catholic, my husband and I made a conscious decision to eschew religion when raising our son. At the risk of facing the ire of in-laws, we decided not to christen him or to subject him to regular mass or sacraments. He is attending a public school.

Like many parents, we do not want to force a particular faith onto our child. Rather, we want him to make an informed decision about his own spirituality when he is old and mature enough to do so. Until then, we try to impart our Christian values in a loose, fairy tale way. While it may be naive of me to think you can cherry pick parts of a given religion and discard those that leave a bad aftertaste, so be it. Yet part of me wonders if agnosticism is truly the right move.

I wonder whether he is missing out on a distinct sense of community and tradition. When you don't belong to a religion, you are adrift. You have friends and family, sure, but no spiritual raft. Are we doing our son a disservice by leaving him out at sea with no oar?

For those who staunchly believe, faith creates order out of chaos, meaning out of meaninglessness. But at heart I'm a Lennonist (not to be confused with Leninist!). As in John Lennon, of Beatles All-You-Need-is-Love, fame.

I'm a big believer in love over rites and rituals. Given the choice, I'll choose human kindness and acceptance over doctrine and dogma any day of the week. Jesus loved sinners. However, I've come to the sad conclusion that the Church does not. But who knows what will happen with a fresh new pope in situ.

Though I wouldn't liken a religious upbringing with child abuse, as some atheists famously do, I question whether it is selfish to blackball my son's spiritual education. If we don't teach him, how will he know what he's missing? Will he resent us for not versing him in the ways of the Bible or introducing him to God, Allah, and Buddha?

Want a perfect photo? Use whiskey

When I photograph my kids, there is one basic understanding that I have with them: I just need ONE good photo.

The faster that they cooperate and give me that one photo, the faster they are free to go and build Lego/colour/play Minecraft. If they grimace or scowl, they just drag out the process. I don't want to spend an hour taking photos, and they don't want to spend an hour posing. This doesn't always work when your kids are wee, of course.

Scowls aside, here are five tips for taking great photos of your kids.

1. Use whiskey

Not the beverage; the word. Unless, of course, a shot of whiskey is your thing. If you try to make your kids smile by telling them to say "cheese" their smiles will look cheesy. If you have them say "whiskey" (or "monkey" if you have an adverse reaction to whiskey), their smiles look more natural.

2. Shoot them (off-centered)

The technical term is "Rule Of Thirds," but the gist of it is this: You do not want them right smack in the middle of the frame. Move them to the right or left of centre and you will have a shot that is instantly better.

3. Fill the frame

If you are hoping to capture a good portrait of your child, zoom in and fill a large portion of the frame with her face. To get an even more dynamic shot, crop out the top part of her head.

4. Catch them when they aren't looking

We all seem to be programmed that the best shots are the ones where our children are looking at the camera smiling the perfect smile, and showing the world how adorable they are. Sometimes a great photo of them occurs when they are not even aware that you are snapping their photo.

Tell the kids to say 'monkey' instead of 'cheese' and you'll end up with a less 'cheesy' smile. ISTOCK

5. Break all of the rules

Try different angles, different perspectives, different crops. You may end up with a photo that is timeless.

ANGELLA DYKSTRA OF YUMMYMUMMYCLUB.CA

South Meets West: Fried chicken with an Asian twist

Miso-Smothered Chicken. MATTHEW MEAD/THE ASSOCIATED PRESS

The U.S. South's love affair with fried chicken is being challenged by an unlikely influence: The North. Southern food has always been a confluence of cultures, it just happens that it's now the North that is infusing its ideas in the culinary mix.

This chicken dinner by Brooklyn-born Kentucky chef Edward Lee blends a staple of Southern cooking with two Asian ingredients.

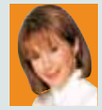
1. In a large bowl, mix flour, salt, cayenne and garlic powder. Add chicken and toss to coat.
2. In a medium Dutch oven over medium, heat the oil until it shimmers. Add chicken pieces skin-side down and cook, turning once, 8 to 10 minutes. Transfer chicken to a paper-towel-lined plate and set aside.
3. Pour off all but 30 ml (2 tbsp) of oil from the pot. Reduce heat to medium-low and add onions. Cook, stirring occasionally, 12 to 15 minutes. Stir in garlic and cook for 1 minute. Add bourbon and cook until liquid has evaporated, about 2 minutes.
4. Stir in chicken stock, orange juice, soy sauce and miso and bring to a simmer. Return chicken to the pot, cover and simmer until it is cooked through, about 30 minutes.
5. Add mushrooms and simmer, uncovered, until they are tender and the sauce is the consistency of a gravy, about 10 to 15 minutes longer. Serve with rice. THE ASSOCIATED PRESS

Ingredients

- 125 ml (1/2 cup) flour
- 5 ml (1 tsp) kosher salt
- 5 ml (1 tsp) cayenne pepper
- 5 ml (1 tsp) garlic powder
- 4 bone-in, skin-on chicken thighs
- 30 ml (2 tbsp) vegetable oil
- 500 ml (2 cups) chopped onions
- 15 ml (1 tbsp) minced garlic
- 80 ml (1/3 cup) bourbon
- 500 ml (2 cups) chicken stock
- 100 ml (1/2 cup) orange juice
- 30 ml (2 tbsp) soy sauce
- 15 ml (1 tbsp) dark miso
- 8 oz shiitake mushrooms, stems discarded, thinly sliced
- Cooked rice, to serve

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Everything in moderation is the key — especially when it comes to pastries. But some items are better left on the shelf.

Gourmet Cupcake With Icing

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Equivalent

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4 French Macaroons

280 cal / 13 g fat/ 28 g sugar
These wonderful and different flavoured macaroons are filled with buttercream, and are more satisfying than the jumbo cupcake.

Lunch. Honey-Paprika Chicken With Roasted Oranges

1. Heat oven to 200 C (400 F). Coat a rimmed baking sheet with cooking spray.
2. Slice off and discard the ends of oranges. Cut each orange into 4 thick slices and arrange in a layer over baking sheet.
3. In a small bowl, mix paprika, garlic powder, chili powder, salt, cumin and ginger. Stir in honey and broth to form a paste. Rub the paste over each thigh, then set thighs in an even layer over the orange slices. Scatter olives over the chicken. Roast for 25 minutes.
4. Divide chicken and olives between 8 plates. Squeeze 1 or 2 orange slices over each serving. THE ASSOCIATED PRESS

Ingredients

- 4 navel oranges
- 50 ml (1/4 cup) smoked paprika
- 30 ml (2 tbsp) garlic powder
- 10 ml (2 tsp) chili powder
- 5 ml (1 tsp) kosher salt
- 5 ml (1 tsp) ground cumin
- 5 ml (1 tsp) ground dry ginger
- 50 ml (1/4 cup) honey
- 30 ml (2 tbsp) chicken broth
- 2 lbs boneless, skinless chicken thighs
- 250 ml (1 cup) mixed olives, sliced

FRESHCO.

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Alicia Tait, Mississauga

come see for yourself

You're more capable than you may know

Talents you have tucked away. Rev up your resumé by reflecting on your own transferable skills

YLVA VAN BUUREN
CareerBear.com

Perhaps you'd like to forget the time that you dealt with customer complaints, but if you kept your cool in these difficult situations, that could be a serious plus for your CV. ISTOCK

If you think you have little or no experience to offer prospective employers, think again, says Sandy Johnson, vice-president of NEXCareer.

We all get experience and skills from different places and various aspects of our lives, says Johnson. These versatile talents that serve you well in different jobs are often identified as "transferable skills."

"Sometimes we have difficulty seeing these competencies because they're such an integral part of who we are that we don't notice them," says Johnson. "But they're the same ones that make us stand apart."

If you are looking for a new job, identifying your transferable skills is the start to exploring what's next. Then, your goal should be to articulate skills in a way that a prospective employer can understand how they relate to the role that they're trying to fill.

"You need to connect the dots for employers so that they can see how you can bring value to their organization," Johnson says.

Here are five common roles and some examples of their transferable skills:

Full-time parent/ homemaker:

"This is a huge job that is so all encompassing, and some of the skills can be translated into a business context," Johnson says. For example, maintaining your home and property may require similar expertise to managing an office when it comes to selecting contractors or other suppliers. A homemaker has the skills to facilitate smooth daily operations much like skills that are valued in the workplace — project management skills (booking a family holiday), negotiation skills (you do it every day with your kids), and time management skills (reacting to changing priorities at home).

Labourer

Manual and other labourers have a range of transferable skills, says Johnson. "The ability to take direction and work independently as well as take initiative and deliver results is highly valued in many roles." Labourers are often task-oriented and show strong problem-solving skills to ensure a job well done within certain requirements and time frame (for example, finding faster/better ways to have flats of flowers planted by noon or dividing responsibilities amongst team members to accelerate the process).

Administrative assistant

Whether supporting one person or a team, this type of position demands organizational and planning skills, management of multiple parties with conflicting agendas and needs (boss, team members, clients, suppliers, etc.), confidentiality and discretion, multi-tasking and prioritizing, ability to improvise and being able to calmly make decisions.

Call centre representative

"Working with the public can be incredibly challenging because you're often on the receiving end of complaints and negative feedback. The ability to provide diplomatic and courteous service while making sure the customer is heard is a huge skill-set, appreciated everywhere," says Johnson. You need to demonstrate exceptional communication skills not just with the customer but with the rest of the team as well. This position entails diagnosing problems and offering solutions. You've got to be able to think on your feet and know when to escalate an issue. Follow-up and follow through are important.

Volunteer

This role can provide opportunities to get exposure to new responsibilities or explore different industry sectors, says Johnson. "The skills required include the ability to work with team members with varying personalities and experience, so adaptability and flexibility may come into play along with the ability to take on either a leadership or support role or both." Being open to contribute beyond what you may have been selected for may present you with other opportunities such as training others.

What are my strengths, sister?

It's helpful to have somebody to consult with when you're identifying your transferable skills. Other people can sometimes see your talents more clearly than you can see them yourself, says Johnson. Here's a quick exercise to help.

- Write down skills that contributed to past accomplishments (for example, leadership skills on your basketball team, planning skills for organizing an event).
- Write down skills you've been complimented on (for example, you have been told that you are a good listener or have great interpersonal skills).
- Think about activities that make an exciting experience for you and how it has impacted your success (for example, your passion for always taking on a new sport may indicate you are a quick learner and can easily adapt to new challenges).

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

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Give me a break!

When can I soak up the sun? You've just landed a new job but you're itching to jet away. Is it too soon to put in the request?

JULIA WEST
Metro World News in New York

The season for summer getaways is fast approaching. But for those who are still wet behind the ears in a new position, is vacation really a possibility? Some companies have a clear policy of when an employee can cash in on paid time off, while others are more vague.

We asked the experts just how soon is too soon when you're a recent hire.

The first ninety days at a company are usually a trial period when the employee gets situated. In most cases, paid time off is accrued after that.

"For this reason, it is generally advisable to not take a lengthy vacation, more than two days off, for at least six months.

"Even better — wait until you have completed your first year at your new job," suggests Lahle Wolfe, writer for About.com's Guide to Women in Business.

If you have travel plans prior to starting, it's best to be upfront about it.

"If you know you have a major vacation planned when you receive a job offer, it's best to be honest about it with the hiring manager," says Lori Hourigan, regional manager for staffing firm Robert Half.

"If you explain the situation and give enough advanced notice, most supervisors will try to accommodate your existing plans."

When you don't have prestanding plans it's important to go into vacation negotiation delicately.

"If you must ask at the start of your new job, be thoughtful in not requesting time off during a crunch period," Tina I. Hamilton, a professional in human resources and president and CEO of hireVision Group, Inc. "And defer to the vacation requests of more tenured staff whenever possible. These considerations will pay off for you in the long run, and as you get established, your peers will do the same for you."

Make yourself comfortable at work, live it up when the weekends come and start planning an outstanding vacation for next year.

Vacation consideration

"If you must ask at the start of your new job, be thoughtful in not requesting time off during a crunch period. And defer to the vacation requests of more tenured staff whenever possible."

Tina I. Hamilton
President and CEO of hireVision Group, Inc.

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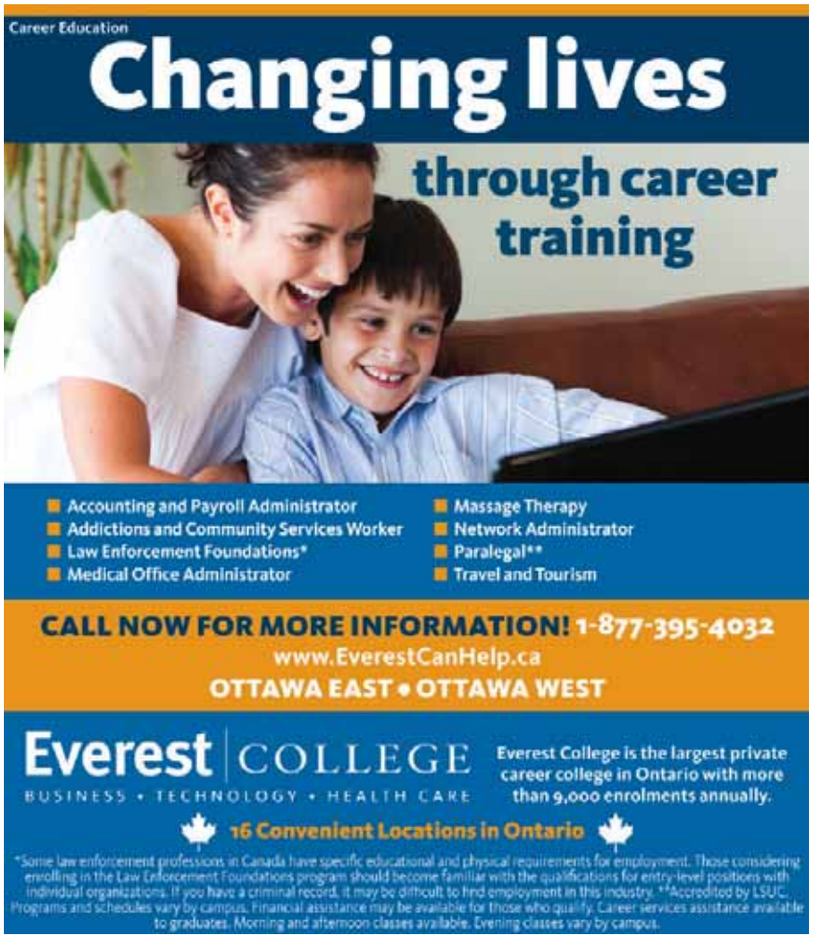
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Answers will lead to positive experiences

If you are looking to choose a summer camp experience for your child then you already have an understanding of the positive impact summer camp can have on children.

The answers to these following questions should allow you to form reasonable expectations of the camp you choose for your campers.

1 What is the camp's staff-to-camper ratio? This ratio indicates the overall level of supervision that the camp can provide your camper. Counsellor/camper ratios should be no larger than 1-to-8 for children younger than seven, or 1-to-12 for children ages eight to 16.

2 What measures does the camp take to ensure the safety of the campers? This question addresses supervision and the quality of staff. You should learn about the ages and qualifications of the staff, the camp's protocols of supervision and risk-management (buddy systems, cabin checks), and the guidelines set for campers (boundaries, water safety).

3 What is the camp's staff return rate? A high staff return rate indicates good staff supervision and dedication to camp programs.

As a parent, make sure to ask a number of questions to find the right summer camp for your child. DARRIN KLIMEK/LIFESIZE/THINKSTOCK

4 What programs does the camp offer? Are you looking for a traditional and varied camp program, or a camp where campers hone a particular set of skills and/or talents?

5 How do campers choose their programs at camp? Asking for a description of a "typical day at camp" will give you a good idea of the campers' schedule, and will help you determine whether or not the campers' time is being spent productively, actively, and enjoyably.

6 What does the camp director/staff want the campers to take away with them at the end of their camping experience? The camp director's answer to this question will reveal the overall values and philosophies of the camp.

7 How does the camp and staff deal with issues like homesickness, bullying, and campers with special needs? Staff should be trained in such areas as age-appropriate needs, behaviour management, methods of inclusion, and skill development.

8 What is the camp director's background and what are their qualifications? The camp director's age, experience, education, character, and overall level of maturity will determine their ability to run the camp safely, smoothly, and interact appropriately with staff and campers. The camp director is the person ultimately responsible for the care of your camper.

9 What kind of health-care facility/staff is available to the campers? Safety should be of the utmost importance at any camp.

METRO NEWS SERVICES

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NHL playoffs

Zucker lifts Wild to OT win over Hawks

Jason Zucker scored at 2:15 of overtime to give Minnesota a 3-2 victory over the Chicago Blackhawks on Sunday, pulling the Wild within 2-1 in the Western Conference quarter-final series.

Zach Parise scored for the Wild early in the third period, but Duncan Keith got one back for the Blackhawks with 2:46 left in regulation to force the second overtime in three games of this best-of-seven series. Pierre-Marc Bouchard also scored for the Wild, while Johnny Oduya tallied Chicago's other goal. THE ASSOCIATED PRESS

World championship

Swiss expose holes in Canada's game

Lindy Ruff was left wishing for selfishness from his talented Canadian forwards Sunday at the IIHF World Hockey Championship.

Too much passing and not enough getting the puck on net in regulation were the root causes of a 3-2 shootout loss to Switzerland.

Canada passed the puck around for 34 seconds with an extra attacker and never got a shot away during a delayed penalty early in the second period. Switzerland intercepted a pass to kill the play. That was a snapshot of Canada's loss.

The Canadians mustered just three shots on Martin Gerber in the first period and 21 during regulation. The former NHL goaltender stopped Matt Duchene for the win after Reto Suri scored his second of the shootout on Canada's Mike Smith. THE CANADIAN PRESS

The Pittsburgh Penguins celebrate Chris Kunitz's overtime goal against goalie Evgeni Nabokov and the New York Islanders in Game 3 of their Eastern Conference quarter-final series on Sunday in Uniondale, N.Y. The Penguins won 5-4. BRUCE BENNETT/GETTY IMAGES

Pens' power play punishes Islanders

NHL playoffs. Pittsburgh capitalizes on man-advantage; Kunitz scores winning goal in overtime

Game 3

5	4
Penguins	Islanders

The Pittsburgh Penguins bounced back from their home disappointment and dished out their fair share to the suddenly shocked New York Islanders.

All it took was Sidney Crosby and a very powerful power play to do the trick.

Chris Kunitz scored his second man-advantage goal of the game 8:44 into overtime, off the third assist of the day by Crosby, and the Penguins rode a slew of ups and downs Sunday en route to a 5-4 victory over the Islanders that gave top-seeded Pittsburgh a 2-1 lead in the first-round playoff series.

The Islanders came in still enjoying the positive effects of their 4-3 comeback win on Friday in Pittsburgh that gave them a surprising split of the first two games of the Eastern Conference series.

Game 4 is Tuesday on Long Island.

Crosby, playing his second game after missing a month because of a broken jaw, drew the decisive penalty against Brian Strait, who held the Penguins captain as he drove the net 33 seconds before the winning goal.

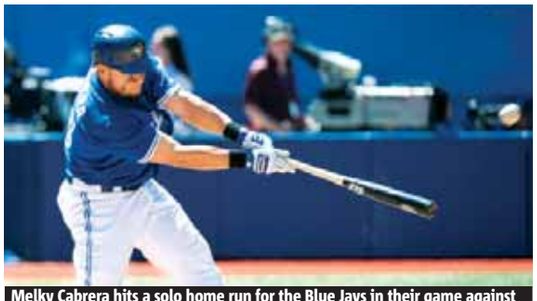
"He kind of wrapped me up," Crosby said. "I pulled up looking for someone. I didn't see anyone so I thought I would take it to the net.

"We were hoping we could get it done quickly."

The Penguins went 3-for-5 on the power play and yielded Kyle Okposo's short-handed goal, but held New York scoreless on its three advantages.

"We had our chances. They scored on the power plays and we didn't," said Islanders coach Jack Capuano, who declined to comment on the officiating. "You always talk about special teams being a big factor, and that was the difference." THE ASSOCIATED PRESS

Jays cook up winning recipe in rout of M's



Melky Cabrera hits a solo home run for the Blue Jays in their game against the Mariners in Toronto on Sunday. NATHAN DENETTE/THE CANADIAN PRESS

After a string of deflating losses, everything finally went right for the Toronto Blue Jays on Sunday at Rogers Centre.

Mark DeRosa belted a three-run homer and Melky Cabrera added a solo shot as Toronto crushed the Seattle Mariners 10-2 to end a four-game losing skid. The Blue Jays had a season-high 15 hits and Brandon Morrow turned in a solid eight-inning performance for his first win of the season.

"That's a pretty good recipe today for winning," said manager John Gibbons. "Great pitching and we made a lot of things happen offensively, we got a lot of hits.

"It was a good game. We've been waiting for that one."

DeRosa, Cabrera and Maicer Izturis had three hits apiece for the 11-21 Blue Jays, who avoided the three-game sweep. Joe Saunders absorbed the loss as Seattle (15-18) had its three-game winning streak come to an end.

It was a rare offensive outburst from the Blue Jays, who had struggled at the plate throughout the 2-4 homestand.

"We were desperate for that, we needed something like that," Gibbons said of the victory. "It's not like we're just waiting to get on a roll. We needed a win and they were hard to come by.

"Hopefully that spurs something ... we'll see."

Morrow (1-2) allowed just three hits in what was the longest start by a Toronto pitcher this season. THE CANADIAN PRESS

4 SPORTS

Hinchcliffe takes Sao Paulo on final turn

IndyCar. Oakville, Ont., driver surges past Sato for victory in Brazil

James Hinchcliffe overtook Takuma Sato of Japan on the last turn to win IndyCar's Sao Paulo 300 for his second career victory on Sunday.

The Canadian moved from third to second with three laps to go and moved inside Sato to take the lead just a few metres from the finish line at the Anhembi street track.

Sato, coming off his first career victory two weeks ago in Long Beach, drove in too hard for the hairpin at the end of the long back straight and gave space for Hinchcliffe to get past.

"To win a race on the last corner of the last lap is one of the coolest feelings," Hinchcliffe said. "To make a last-corner pass, that's something I'll remember for a long time. Takuma was making that race car really wide and he was defending the inside pretty well. He just outbroke himself just a little bit and I was able to do a high-low (pass) and got the win."

THE ASSOCIATED PRESS

Quoted

"The biggest pressure I put on myself was to maintain the reputation that Canada has with their IndyCar drivers."

James Hinchcliffe after his victory on Sunday. The last Canadian to win in Brazil was Greg Moore in 1998.

Pacers raise game at MSG

Indiana Pacers guard Lance Stephenson dunks the ball past Knicks forward Carmelo Anthony during Game 1 of the Eastern Conference semifinal series on Sunday in New York City. David West led the Pacers with 20 points as Indiana won 102-95 in the series opener. ELSA/GETTY IMAGES

NBA playoffs. Fisher tips scales toward Thunder

Down by one in the final minute, the Oklahoma City's Derek Fisher turned a tough situation for the Thunder into the worst-case scenario for the Grizzlies.

Fisher poked the ball away from Memphis' Mike Conley, springing Kevin Durant into the open court with a chance to put the Thunder on top.

Durant hit a jumper with 11.1 seconds left for the last of his 35 points, to lift the Thunder to a 93-91 win over the Grizzlies on Sunday in Game 1 of the second-round series.

"I just wanted to get up the floor as quick as possible and find a shot," said Durant, who finished second in league MVP voting to LeBron James, announced Sunday. "That was the only shot I could find and, by the grace of God, it went in."

THE ASSOCIATED PRESS

Derek Fisher, left, and Kevin Durant celebrate on Sunday in Oklahoma City. GETTY IMAGES

Diving

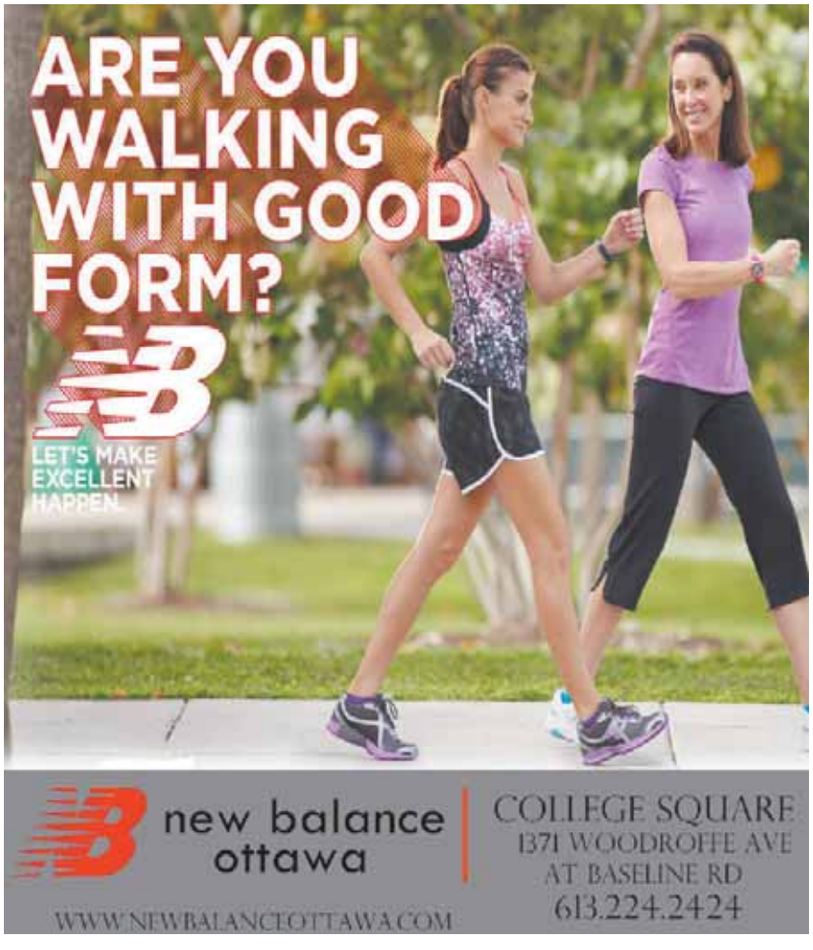
Benfeito golden at Canada Cup

Meaghan Benfeito of Montreal won the 10-metre tower Sunday at the 2013 Gillette Canada Cup in Gatineau, Que., for her second career international diving victory.

Jennifer Abel of Laval, Que., and Pamela Ware of Beloeil, Que., added a silver on women's three-metre synchro to boost Canada's medal total at the event to five.

Benfeito highlighted a steady performance in the final with big marks for her forward, inward, backward and twisting dives for a total score of 393.70.

THE CANADIAN PRESS



NHL PLAYOFFS

CONFERENCE QUARTERFINALS

(Best-of-7 series)

EASTERN CONFERENCE

PITTSBURGH (1) V. NY ISLANDERS (8)
(Pittsburgh leads 2-1)
Sunday's result
Pittsburgh 5 N.Y. Islanders 4 (OT)
Tuesday's game
Pittsburgh at N.Y. Islanders, 7 p.m.

MONTREAL (2) VS. OTTAWA (7)
(Series tied 1-1)
Sunday's result
Montreal at Ottawa
Tuesday's game
Montreal at Ottawa, 7 p.m.

WASHINGTON (3) V. NY RANGERS (6)
(Washington leads 2-0)
Saturday's result
Washington 1 NY Rangers 0 (OT)
Monday's game
Washington at NY Rangers, 7:30 p.m.

BOSTON (4) VS. TORONTO (5)
(Series tied 1-1)
Saturday's result
Toronto 4 Boston 2
Monday's game
Boston at Toronto, 7 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)
(Chicago leads 2-1)
Sunday's result
Minnesota 3 Chicago 2 (OT)
Tuesday's game
Chicago at Minnesota, 9:30 p.m.

ANAHEIM (2) VS. DETROIT (7)
(Anaheim leads 2-1)
Saturday's result
Anaheim 4 Detroit 0
Monday's game
Anaheim at Detroit, 8 p.m.

VANCOUVER (3) VS. SAN JOSE (6)
(San Jose leads 2-0)
Sunday's result
Vancouver at San Jose
Tuesday's game
Vancouver at San Jose, 10 p.m.

ST. LOUIS (4) VS. LOS ANGELES (5)
(St. Louis leads 2-1)
Saturday's result
Los Angeles 1 St. Louis 0
Monday's game
St. Louis at Los Angeles, 10 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	20	11	.645	—
New York	18	12	.600	1½
Baltimore	19	13	.594	1½
Tampa Bay	14	16	.467	5½
Toronto	**11**	**21**	**.344**	**9½**

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	19	11	.633	—
Kansas City	17	10	.630	½
Cleveland	14	14	.500	4
Minnesota	13	14	.481	4½
Chicago	12	17	.414	6½

WEST DIVISION

	W	L	Pct	GB
Texas	20	11	.645	—
Oakland	18	14	.563	2½
Seattle	15	18	.455	6
Los Angeles	11	20	.355	9
Houston	8	24	.250	12½

Sunday's results
Toronto 10 Seattle 2
Texas 4 Boston 3
Oakland 5 N.Y. Yankees 4
Minnesota 4 Cleveland 2
Kansas City 6 Chicago White Sox 5 (10 inn.)
Baltimore 8 L.A. Angels 4
Detroit 9 Houston 0
Saturday's results
Seattle 8 **Toronto 1**
Texas 5 Boston 1
Baltimore 5 L.A. Angels 4 (10 inn.)
Kansas City 2 Chicago White Sox 0
N.Y. Yankees 4 Oakland 2
Cleveland 7 Minnesota 3
Detroit 18 Houston 2

NATIONAL LEAGUE

Sunday's results
St. Louis 10 Milwaukee 1
Cincinnati 7 Chicago Cubs 4
Atlanta 9 N.Y. Mets 4
Miami 14 Philadelphia 2
Washington 6 Pittsburgh 2
Tampa Bay 8 Colorado 3
San Diego 5 Arizona 1
L.A. Dodgers at San Francisco

NBA PLAYOFFS

CONFERENCE SEMIFINALS

(Best-of-7 series)

EASTERN CONFERENCE

MIAMI (1) VS. CHICAGO (5)
Monday's game
Chicago at Miami, 7 p.m.
Wednesday's game
Chicago at Miami, 7 p.m.
Friday's game
Miami at Chicago, 8 p.m.

NEW YORK (2) VS. INDIANA (3)
(Indiana leads 1-0)
Sunday's result
Indiana 102 New York 95
Tuesday's game
Indiana at New York, 7 p.m.
Saturday, May 11
New York at Indiana, 8 p.m.

WESTERN CONFERENCE

OKLAHOMA CITY (1) V. MEMPHIS (5)
(Oklahoma City leads 1-0)
Sunday's result
Oklahoma City 93 Memphis 91
Tuesday's game
Memphis at Oklahoma City, 9:30 p.m.
Saturday, May 11
Oklahoma City at Memphis, 5 p.m.

SAN ANTONIO (2) V. GOLDEN STATE (6)
Monday's game
Golden State at San Antonio, 9:30 p.m.
Wednesday's game
Golden State at San Antonio, 9:30 p.m.
Friday's game
San Antonio at Golden State, 10:30 p.m.

SOCCER

MLS

Sunday's results
Kansas City 4 Chivas USA 0
Houston at Los Angeles
Saturday's results
Colorado 1 Toronto 0
Salt Lake 2 Vancouver 0
Philadelphia 2 Seattle 2
San Jose 2 Montreal 2
New York 1 Columbus 0

Horoscopes

♈ Aries
March 21 - April 20
You have nothing to prove and nothing to feel bad about, so don't even think of trying to explain yourself to those who don't approve of your aims or your methods. What do you care what they think!

♉ Taurus
April 21 - May 21
It is a fact of life that some people rub you up the wrong way no matter how hard you try to like them. You will have to deal with such a person today.

♊ Gemini
May 22 - June 21
You seem to believe that a friend has let you down and you are so annoyed that you may even be thinking of cutting your ties with them. Don't! According to the planets it's all a big misunderstanding.

♋ Cancer
June 22 - July 23
If you feel less than motivated as the new week begins then don't force yourself to do things you know you won't enjoy. Not even a Cancer can be on top form all the time.

♌ Leo
July 24 - Aug. 23
Whatever you do today make sure you do it to the very best of your abilities. If you don't you could draw the unwelcome attention of someone in power. Think of your reputation: make a good job a brilliant one.

♍ Virgo
Aug. 24 - Sept. 23
What took place over the weekend may not have been to your liking but neither was it as bad as you think. This week's aspects are a lot more promising.

♎ Libra
Sept. 24 - Oct. 23
Try not to take life too seriously today. Find ways to see the amusing side in everything that happens. Even the most solemn of situations can be god for a laugh.

♏ Scorpio
Oct. 24 - Nov. 22
The world is full of possibilities but you seem determined to focus on the negative things. Why is that? Whatever the reason you need to snap out of it fast. Opportunities are everywhere.

♐ Sagittarius
Nov. 23 - Dec. 21
You will have to put up with an annoying person today, the kind of person you would usually cross the road to avoid. Try listening to what they have to say – they know something you should know too.

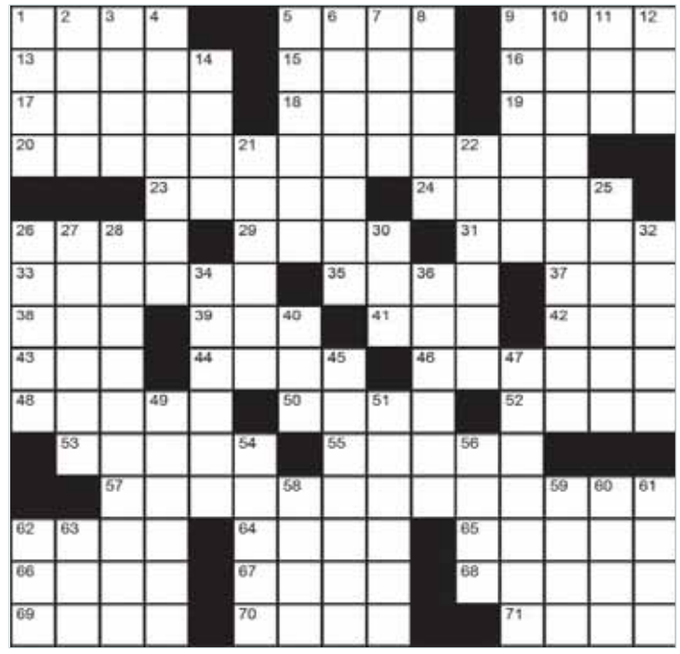
♑ Capricorn
Dec. 22 - Jan. 20
There is no point trying to get approval for what you intend to do this week. Have the courage to go for it no matter what other people might think or say.

♒ Aquarius
Jan. 21 - Feb. 19
What you think is important is really of no importance of all, so stop obsessing about it and turn your attention to more positive things. No matter what the "experts" say nothing bad is going to happen.

♓ Pisces
Feb. 20 - March 20
You may be tempted to give up on something that looks incredibly hard but you will regret it if you do. The approaching eclipse will sweep away all your doubts by the end of the week. SALLY BROMPTON

Crossword: Canada Across and Down

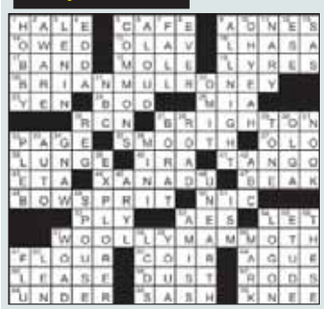
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Suffix with 'Hip'
5. Mr. van Koeverden, Canadian kayaker/Olympian
9. Lovestruck, olde-style
13. Being less diluted
15. Single-named Canadian songstress
16. __ & The Bunnymen
17. "Give ___ ___." (Try)
18. "_ __ you can't guess!"
19. Jazz singing style
20. Canadian __ __ (Annual event of Spring in the capital region)
23. Intended
24. They're called in roll call
26. 'Motor' suffix
29. Purposes
31. Point __ (Canada mainland's most southerly tip)
33. Unkeyed, in music
35. Fashion designer, __ Rabanne
37. Bon Jovi song: "__ Your Hands on Me"
38. Tail: Prefix
39. "__ magic!"
41. Sigma's alphabetic follower
42. "5th __. Girl" (1939) starring Ginger Rogers
43. Guided
44. Young hawks
46. Plants trimmer
48. __-__ (Clark Kent, originally, on planet Krypton)
50. Capri pants, __-length
52. PMs and Prezzes
53. Narrates
55. Mr. Povich of TV talk
57. #10-Down, Canadian __ __
62. Not-well-received movie
64. 'Million' suffix
65. "That's _ __ thing!" (Definitely)
66. Make clicking noises on the keyboard
67. Shade of blue ...or green
68. MLB Commissioner, Bud __
69. Legis. meeting
70. 'Gen' add-on (Old Testament beginning)
71. Stuff-on-the-beach

Down
1. After gargling, what the dentist says
2. Anti-apartheid activist, Desmond __
3. 'Gen' add-on
4. Regulated routine
5. Extraterrestrials
6. Modern music genre
7. Assist in wrongdoing
8. Montreal morning
9. Like some bagels, __-topped
10. __ & Stewart
11. Smashing Pumpkins co-founder, James __
12. Full amount, for short
14. Skipping __
21. Defective
22. Steam, for example
25. Alan Thicke's "Growing Pains" role, Dr. Jason __
26. Shower sealant
27. "This is _ __!" (Dessert-getter's exclamation)
28. The __ (Canuck band for Deedee, Rooney and Moe)
30. Weekend day, wee-ly
32. Sentinels
34. Danny of "Do the Right Thing" (1989)
36. Mouthwash usage quantity
40. Pouch
45. Warrior of Japan
47. James Joyce's Dublin-set novel
49. Gets married quick-style
51. Snipped-off-of-clothes things
54. 'Cheap' completer
56. Small estuaries
58. Blueberry, and others
59. __-hoop
60. Daughter on "The Waltons"
61. Officially mailed letter, for short
62. Mil. posts
63. Caustic stuff

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1				6				3
7		6		1		9		4
		3	9		5	6		
6								9
			1		6			
2								5
		9	3		1	4		
5		4		9		7		8
3				8				6

Friday's Sudoku

2	4	7	9	3	8	5	6	1
5	6	8	2	1	7	9	3	4
1	3	9	5	4	6	7	8	2
6	9	5	3	2	1	8	4	7
4	8	2	7	6	5	1	9	3
3	7	1	4	8	9	2	5	6
8	2	3	1	9	4	6	7	5
7	1	6	8	5	3	4	2	9
9	5	4	6	7	2	3	1	8

Today 25°/10° Sunny
Tuesday 24°/11° Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
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FRESHCO.
come see for yourself

MOTHER'S DAY IS SUNDAY, MAY 12

TODAY ONLY

MONDAY, MAY 6

70% off
Luggage collections

TRAVELPRO Elegance, Connoisseur, Travelite soft-side and hard-side

SAMSONITE Rhapsody Traveler NXT and Charleston

LONDON FOG Knightsbridge II, Coventry and Newbury Lites

DELSEY Contour EZ, Extreme Lite, Fusion, Breeze 2.0 and Hemisphere

SWISS WENGER EVO and Air II

RICARDO BEVERLY HILLS Rainier and Delmar 2

ATLANTIC Embassy and Compass

IT Lisbon, Protector and Spruce Grove

Plus, save up to 60%
on other luggage collections

Featured:
TRAVELPRO Elegance black tote
Reg. $215 Sale $64.50

TRAVELPRO Elegance
24" spinner in merlot
Reg. $435 Sale $130.50

One Day Sales cannot be combined with other offers. See below for exclusions.

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COOKWARE SETS and OPEN STOCK COOKWARE: Exclude All-Clad, WMF and Zwilling J.A. Henckels Nova 10-piece cookware set.